



DC School Nutrition Curricular Resources

Grade	Curriculum Description	Subject	Cost
	Our First Harvest: A Garden-Based Early Childhood Curriculum by City Blossoms Inc. More information can be found here: http://cityblossoms.org/what-we-offer/#curriculum	NUTRITION	N/A
K-4	Botany on Your Plate: Children explore edible roots, stems, leaves, flowers, fruits, and seeds through observation, dissection, journaling, discussion of findings, and tasting! Students are introduced to the world of plants through foods we eat. Supports standards in nutrition, math, language arts, and social studies. Every lesson includes plant snacks that spark curiosity, interesting questions, and social dialogue to fuel the learning process. http://www.gardeningwithkids.org/books.html	NUTRITION MATH E.L.A. SOCIAL STUDIES	\$21
1-5	Growing Healthy Habits Grow It, Eat It! This curriculum provides nutrition education through gardening at your educational site. This curriculum was developed specifically for educators in Maryland reaching low-income youth who wish to use gardening as a tool for improving nutrition-related behaviors. http://md.nutrition-ed.org/	NUTRITION E.L.A. SCIENCE HEALTH	FREE
1-6	Serving Up MyPlate: Students are introduced to the importance of eating from all five food groups using the <i>MyPlate</i> icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy. There are three different levels, Level 1 (Grades 1 & 2), Level 2 (Grades 3 & 4), Level 3 (Grades 5 & 6). Each level is comprised of three classroom-ready modules with lesson plans, ideas on how to extend the learning, valuable ways to connect the learning to the school cafeteria and/or students' homes, student & parent handouts, MyPlate poster, and other materials that help educators deliver compelling lessons with minimal preparation. http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum	NUTRITION MATH SCIENCE E.L.A. HEALTH	FREE
3-4	The Great Garden Detective Adventure : Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. This eleven-lesson curriculum for 3rd and 4th grades includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers. http://teamnutrition.usda.gov/Resources/gardendetective.html	NUTRITION	FREE
5-6	Dig In!: Standards-Based Nutrition Education From the Ground Up: This curriculum teaches healthy eating habits through a journey through the world of gardening and	NUTRITION	FREE





	<p>nutrition. This supplemental unit is designed to encourage students to eat more fruits and vegetables and develop an awareness of how these foods are grown. Whether your class garden consists of a few containers or you have a large outdoor plot, you can use these lessons. Tips on how to adapt lessons to you meet your classroom needs and school resources provided. This ten-lesson curriculum includes a gardening guide, recipes for home, and six Dig In! posters.</p> <p>http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground</p>	<p>SCIENCE</p> <p>MATH</p> <p>E.L.A</p> <p>HEALTH</p>	
6-8	<p>Nourish Middle School Curriculum Guide: Offers a rich set of resources to open a meaningful conversation about food and sustainability. Beautifully designed and brimming with big ideas, the materials contain a viewing guide, six learning activities, action projects, student handouts, bibliography, and glossary.</p> <p>http://www.nourishlife.org/teach/curriculum/</p>	<p>NUTRITION</p> <p>SCIENCE</p> <p>HEALTH</p> <p>E.L.A.</p>	\$125
7-8	<p>Nutrition Voyage: The Quest to Be Our Best: Uses a theme of exploration to help engage students to learn about making healthy food and physical activity choices. This three-lesson classroom ready curriculum provides opportunities for students to investigate, participate in a challenge, evaluate and reflect on important nutrition messages. The lessons require few supplies and include reproducible handouts.</p> <p>http://www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best</p>	<p>SCIENCE</p> <p>MATH</p> <p>E.L.A.</p>	FREE
9-12	<p>Life Learning Academy's Organic Opportunities: This curriculum uses food as tool to engage students in academic learning, vocational training, and personal development. By involving students in every component of the food system, Organic Opportunities also aims to alter students' relationship with food, inspiring them to develop healthy lifelong eating habits.</p> <p>http://www.lifelearningacademysf.org/pdf/curricula/6.5_EarthCurricula_OrganicOpportunities.pdf</p>	<p>NUTRITION</p> <p>BUSINESS</p> <p>MATH</p>	FREE
K-12	<p>Teaching the Food System The project offers a curriculum, comprised of eleven classroom-ready modules, that spans issues in the food system from field to plate. The material is focused on issues in the U.S. food system but also touches on some of their global implications. Each module includes lesson plans, slides, handouts, vocabulary builders and other materials that help educators deliver compelling lessons with minimal preparation.</p> <p>http://www.jhsph.edu/research/centers-and-institutes/teaching-the-food-system/curriculum/</p>	<p>VARIES</p>	FREE



Additional Resources that Can Help Promote Nutrition in School:

- **Collective School Garden Network** - A searchable list of online nutrition&garden-based learning resources can be found here: <http://www.csgn.org/curriculum>→Set theme to Cooking/Nutrition
- **Fuel Up to Play 60 (NFL and National Dairy Council)** - A searchable list of nutrition education resources can be found here:
<http://school.fueluptoplay60.com/tools/nutrition-education/school-nutrition.php>
- Visit **Team Nutrition Resource Library** for a comprehensive listing of resources available through Team Nutrition to schools and child care facilities that participate in the Federal Child Nutrition Programs:
<http://www.fns.usda.gov/tn/resource-library>
- **American Egg Board**—has created a variety of free education lesson plans and activity sheets designed for kindergarten through high school educators that align with many Common Core State Standards. The lessons can be integrated into math, science and social studies curriculum over two to three class periods. Lessons are designed to educate today's youth about the benefits of a healthy diet and exercise, as well as engage them in a variety of activities ranging from scientific exploration to creating a healthy plate and learning to read nutrition labels. Students will also engage in lifelong health decision like analyzing, comparing and making good food choices.
<http://www.aeb.org/educators/educator-overview>
- **Pennsylvania Department of Education** – The interdisciplinary nutrition education curriculum includes lesson plans for grades K-12 and is organized into four grade groups (K-3, 4-6, 7-9, 10-12). The lesson plan are aligned with the Pennsylvania Academic Standards, include activities that encourage physical activity, contain website links to additional resources, and provides ideas that assist schools with implementing local wellness policy and involving parents, food service, and the community. You can select the appropriate grade group and download lesson plans.
http://www.portal.state.pa.us/portal/server.pt/community/lesson_plans/7486
- **HealthierUS School Challenge** – (U.S. Department of Agriculture)
<http://www.fns.usda.gov/hussc/healthierus-school-challenge>

Resource for Parents, Caregivers and Entire Communities:

- **We Can! (Ways to Enhance Children's Activity and Nutrition)** - Research shows that parents and caregivers are the *primary influence* on this age group. The ***We Can!*** national education program provides parents and caregivers with tools, fun activities, and more to help them encourage healthy eating, increased physical activity, and reduced time sitting in front of the screen (TV or computer) in their entire family.





We Can! also offers organizations, community groups, and health professionals a centralized resource to promote a healthy weight in youth through community outreach, partnership development, and media activities that can be adapted to meet the needs of diverse populations. Science-based educational programs, support materials, training opportunities, and other resources are available to support programming for youth, parents, and families in the community.

<http://www.nhlbi.nih.gov/health/educational/wecan/>

Science Fair Projects:

- **USDA, Agricultural Research Service:** Agricultural science fair project ideas involving **nutrition, chemistry, botany, environmental sciences and microbiology** for Middle and High school students
<http://www.ars.usda.gov/is/kids/fair/ideas.htm>
- **Exploratorium, The Accidental Scientist:** Discover how a pinch of curiosity can improve your cooking! Explore recipes, activities, and Webcasts that will enhance your understanding of the science behind food and cooking.
<http://www.exploratorium.edu/cooking/>

